

City of Torrance

5-0 and on the go!
Promoting fitness, fun, and friendships

MAY/JUNE 2014

15th Annual SENIOR FAIRE

Celebrating Older Americans' Month:

Safe Today. Healthy Tomorrow.

Saturday, May 10, 2014

9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center

3341 Torrance Blvd., Torrance

Arts and Crafts * Entertainment * Food Booths

Health Information * Blood Pressure Screenings

Community Resource Information

(Crafts Vendors: please call the Bartlett Center at 310/320-5918
for more information and registration forms!)

**THANK YOU for your generous donations for the
4th Annual Senior Prom “Unforgettable!”**



-  **Pacific Inn**
-  **Postal Solutions**
-  **Shear Paradise**
-  **Spring Assisted Retirement**
-  **STARBUCKS**

**Kudos to the VCYC Volunteer Center,
STARBUCKS volunteers and the Madrona
Marsh Middle School Students!**

City of Torrance Community Services Department • RECREATION DIVISION

3031 Torrance Blvd., Torrance, CA 90503 • 310/618-2930 • <http://www.torranceca.gov/Parks/6619.htm>

“Creating and Enriching Community through People, Programs and Partnerships”





TORRANCE TRAVELERS

On the go again!

For openings or cancellations, please call 310/618-2720.
For tour information, please call our Tour Information line at 310/618-2468.

SOLVANG TRAIL of TREATS



Monday, May 19, 2014

Torrance resident fee: \$101.00 per person

LEAVES FROM WILSON PARK at 8:00 a.m.

Non-resident fee: \$116.00 per person

RETURNS at approximately 7:30 p.m.

All the sights, sounds and scents of a Danish village will envelop when you spend the day in Solvang on this all new tour. We'll see a traditional Danish windmill creaking in the breeze stirring up the aroma of fresh-baked pastries. Located in the heart of the lush Santa Ynez Valley, Solvang has long been a popular getaway for southern Californians. When we first arrive, we'll be joined by a local guide who will introduce us to this charming town. At the conclusion of the tour, we'll have a chance to sample some of Solvang's tasty treats including traditional Aebleskivers served with raspberry jam and a dusting of powdered sugar. We'll also stop by one of the famous bakeries to pick up a bag of fresh baked Danish cookies and a chocolate shop for a small box of their handmade confections. Lunch will be at Solvang's oldest restaurant, *Bit O' Denmark*, where we will help ourselves to their tasty smorgasbord. We'll have the remainder of the afternoon for shopping and exploring the quaint, little town of Solvang! Won't you join us for a delightful day in Solvang?

RICHARD NIXON PRESIDENTIAL LIBRARY



Wednesday, June 18, 2014

Torrance resident fee: \$103.00 per person

LEAVES FROM WILSON PARK at 10:30 a.m.

Non-resident fee: \$118.00 per person

RETURNS at approximately 5:00 p.m.

The *Richard Nixon Presidential Library* opened its doors in 1990 at the site of the birth and resting place of America's 37th President. Built around Nixon's childhood home, the library is a treasure trove for those who love the intrigue of politics. There is an extensive *Watergate* exhibit as well as many interesting items that President Nixon collected during his career. We'll have lunch at the award winning Anaheim White House Restaurant. With its lush, rolling lawn and white facade, it's reminiscent of the White House in Washington D.C. We'll be treated to an outstanding three-course luncheon in one of the restaurant's Presidential rooms. Then we're off to the *Richard Nixon Library and Birthplace*. We'll tour the museum and visit 23 galleries encompassing Nixon's rise to political power, his achievements in domestic and foreign policy, presidential gifts he received throughout his political life, and his lasting legacy. We can also visit the *First Lady's Rose Garden*, which is the largest rose garden on Orange County and pays tribute to Pat Nixon's love for roses. Just beyond the garden lies the flower ringed burial sites of President and Mrs. Nixon. Join us for a wonderful tour full of good food and political history!

WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310/378-3862

MONDAY 12:00 noon to 4:00 p.m. * Table Games and Pinochle *

THURSDAY 12:00 noon to 4:00 p.m. * Table Games and Bridge *

Coffee and cookies always just 30¢!

Come spend some time with us Mondays and Thursdays – you'll really like it! We have a friendly group of Pinochle and Bridge players and you can jump right into the game! Drop in any Monday or Thursday afternoon!



CALENDAR OF EVENTS

What's going on? Mark your calendars for these upcoming events!

May 7 12 noon – 1:00 p.m.	Brain Boosting Program <i>Presented by Torrance Public Library</i>	Bartlett Senior Center 1318 Gravens Ave., in Torrance (Upstairs Conference Room)
May 10 9:30 a.m. – 2:30 p.m.	15th Annual Senior Faire <i>"Safe today. Healthy Tomorrow."</i>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance
May 16 - 18	55th Annual Armed Forces Day Celebration	Various events throughout the weekend! Stay tuned for more information regarding the 2014 weekend's events!
May 17 1:30 – 3:30 p.m.	55th Annual Armed Forces Day Parade	Along Torrance Blvd. between Crenshaw Blvd. and Madrona Ave.
June 4 12 noon – 1:00 p.m.	Brain Boosting Program <i>Presented by Torrance Public Library</i>	Bartlett Senior Center 1318 Gravens Ave., in Torrance (Upstairs Conference Room)
June 25 11:30 a.m. Lunch 12:30 p.m. Games	Tillim Train and Game Day <i>Lunch at 11:30 a.m. - just \$6.00! Games at 12:30 p.m.</i>	Tillim Senior Center 3614 W. Artesia Blvd. (In McMaster Park)
July 17 5:00 – 8:00 p.m.	Rock Around the Block <i>Sponsored by the Torrance Historical Society</i>	Torrance Historical Society Museum 1345 Post Avenue in Torrance

TILLIM MOVIE MATINEE! Join us for movies at Tillim Center

First Wednesday of Each Month at 12:30 p.m.

May 7, 2014: *Hope Springs*

Rated PG-13 for mature thematic content involving sexuality

FEATURING: Meryl Streep, Tommy Lee Jones, and Steve Carrell

June 4, 2014: *The Lucky One*

Rated PG-13 for some sexuality and violence

FEATURING: Zak Efron, Taylor Schilling, and Blythe Danner

Movie for July: *Men in Black 3*



BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310/320-5918

HOURS: MONDAY through SATURDAY – 8:00 a.m. to 4:00 p.m. SUNDAY - 12:30 to 4:00 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, every day, plus the following scheduled activities:

MONDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)	Fee: \$55.00/Semester
	9:30 a.m.-12:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required!	
TUESDAY	9:00 a.m.-12:00 noon	Shuffleboard	
WEDNESDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)	Fee: \$55.00/Semester
	9:00 a.m.-3:00 p.m.	Beadwork Workshop	
THURSDAY	9:00 a.m.-12:00 noon	Shuffleboard	
	9:00 a.m.	Ceramics Workshop	
	9:30 a.m.-12:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required!	
	12:30 p.m.	Thursday Afternoon at the Movies	
FRIDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)	Fee: \$55.00 /Semester
	9:30-11:30 a.m.	Crafts, Knitting, and Crocheting Workshop	
	12:30-2:30 p.m.	Seniors Open Discussion Group	
SATURDAY	9:00 a.m.-12:00 noon	Shuffleboard	
	9:00 a.m.	Bridge and assorted table games are played	
	9:30 a.m.	“The Swinging, Singing Seniors” Newcomers WELCOME!	
	9:30-11:00 a.m.	South Bay Strummers Ukulele Group	
	12:30 p.m.	Saturday Afternoon at the Movies	
SUNDAY	12:30-4:00 p.m.	Bartlett Center is Open! Drop on in!	

Special Notes: Legal Advice is available by appointment on the first Tuesday of the month at 11:00 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310/320-5918 to make an appointment.

HICAP (Health Insurance Counseling and Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month.

Please call 310/320-5918 to make an appointment.



FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

Fridays only * (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

Chair Exercise ☼ 8:15 - 9:45 a.m. Fee: \$39.00/Semester

* Gentle stretching and low-impact movement will be done while seated and standing

* Restore and maintain joint range of motion * Toning and firming for flexibility and cardiovascular health

Intermediate Low Impact Aerobics Through Dance ☼ 9:30 - 11:00 a.m.

Fee: \$39.00/Semester

Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance. This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

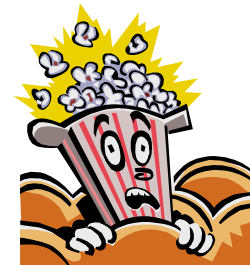
Beginning Low Impact Aerobics Through Dance ☼ 11:00 a.m. - 12:30 p.m.

Fee: \$39.00/Semester

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

Classes are offered in cooperation with Torrance Adult School Older Adult Program (310/533-4689) and the City of Torrance Community Services Department.

THURSDAY AND SATURDAY MATINEES!
FREE MOVIES AND POPCORN
BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.



May 1 and 3	<i>Courageous</i> Rated PG-13 for some violence and drug content.	Alex Kendrick Ken Bevel Robert Amaya
May 8 and 10	<i>Snow White and the Huntsman</i> Rated PG-13 for intense sequences of violence and action, and brief sensuality.	Kristen Stewart Chris Hemsworth Charlize Theron
May 15 Bartlett Center is closed May 17 for the Armed Forces Day Parade	<i>Hope Springs</i> Rated PG-13 for mature thematic content involving sexuality.	Meryl Streep Tommy Lee Jones Steve Carrell
May 22 Bartlett Center is closed May 24 for Memorial Day	<i>Sparkle</i> Rated PG- 13 for mature thematic content involving domestic abuse and drug material, and for some violence, language, and smoking.	Jordon Sparks Whitney Houston Derek Luke
May 29 and 31	<i>The Lucky One</i> Rated PG-13 for some sexuality and violence.	Zak Efron Taylor Schilling Blythe Danner
June 5 and 7	<i>The Bounty Hunter</i> Rated PG-13 for sexual content including suggestive comments, language, and some violence.	Jennifer Aniston Gerard Butler Jason Sudeikis
June 12 and 14	<i>Moonrise Kingdom</i> Rated PG-13 for sexual content and smoking.	Jared Gillman Kara Hayward Bruce Willis
June 19 and 21	<i>Men in Black 3</i> Rated PG-13 for Sci-fi action violence and brief suggestive content.	Tommy Lee Jones Will Smith Josh Brolin
June 26 and 28	<i>Charlotte Gray</i> Rated PG-13 for some war related violence, sensuality, and brief strong language.	Cate Blanchette Billy Crudup Michael Gambon

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12:00 NOON!
FEATURED FILM SELECTION IS SUBJECT TO CHANGE DUE TO AVAILABILITY!



Torrance Loving Care "TLC" Tuesdays Tillim Senior Center!

First Tuesdays ~ 9:30 - 11:30 a.m.

Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards, which are sent to many helping organizations including Children's Hospital, women's shelters, Veteran's Hospital, and our men and women serving in the Armed Forces.



HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310/329-1889

Tuesday, Wednesday, and Thursday 9:00 a.m. to 4:00 p.m.

TUESDAY	9:00 a.m. - 4:00 p.m.	BRIDGE AND TABLE GAMES
	9:30 - 11:30 a.m.	TORRANCE LOVING CARE "TLC" Greeting cards workshop 1 st Tuesday of the month
	10:00 a.m.	KNITTING, CROCHETING, AND CRAFTS 3 rd Tuesday of the month
	9:30 a.m.	WIRE WRAPPING W/ CLIFF 2 nd and 4 th Tuesdays of the month
WEDNESDAY	9:00 a.m. - 4:00 p.m.	PINOCHLE AND TABLE GAMES
	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
	12:30 p.m.	MOVIE MATINEE 1 st Wednesday of the month
THURSDAY	9:00 a.m. - 4:00 p.m.	CENTER IS OPEN
	12:30 - 3:00 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.00

SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive – 310/543-4653 - 9 holes

Meets Every FRIDAY from 8:30 to 11:00 a.m.

Upcoming general meetings are May 2 and June 6, 2014

If you are a senior and would enjoy getting out for a morning of "pitch and putt" competition and good fellowship, come on out and see what we have to offer!



Results of the *Best Two out of Three* Tournament

Team	Gross Score	Final Score
Brown,* Flannigan, & Utter	111	91.7
Norris, Barber, & Neureither	114	94.0
Matosky,Holzman, &Graham	117	94.4
Paskal, Bragg, & Brown**	125	98.4
Baird, Saunders, & Dickert***	115	104.3
Rim, Evans, & Henry	127	105.7
Matzke, Nitchman, & Shofner	126	106.7
Camarata, Sturges, & Helen A.	132	107.4
McGee, Ko, & Campis	134	110.0

*George ** Ginger *** Dickert withdrew early; his scores nor handicap was used in the scoring.

Results of March's *Best Two out of Three* Tournament

Team	Gross Score	Final Score
Matosky, Thompson, & Neureither	120	96.7
Flannigan, Ko, & Sturges	121	97.4
Brown*, Flynn, & Geller	121	100.4
McGee, Barber, & Utter	128	104.0
Baird, Saunders, & Brown**	131	107.0
Fields, D.Evans, & Eby	132	108.0
Hayes, Maes, & Dickert	136	111.4
J.Lawson, Holzman, & Anastassiou	131	111.7

* George Brown

** Ginger Brown

DID YOU KNOW?

Household Cleaners Safety from the Torrance Fire Department

A peculiar accident reported by the National Safety Council involved two housewives in separate cases. Both were using an ordinary toilet bowl cleaner. Not satisfied with the way it was removing stains, each one added some household bleach and stirred with a brush. One died quickly - the other spent a long time in the hospital.

A U.S. Navy medical newsletter tells about 20 people being overcome by gas or gases released from a cleaning mixture. Investigation revealed the mixture included a well-known household cleaner, chlorine bleach, and ammonia.

What happened in the above cases was that a poisonous gas was liberated when the users decided to use a mixture of two or more common household cleaning agents. When the widely used household chlorine bleach (a sodium hypochlorite solution) is combined with an acid or acid-producing substance, such as a toilet bowl cleaner or vinegar, there is a sudden release of a quantity of chlorine gas. Likewise, when chlorine bleach is mixed with ammonia, lye, or other alkaline substance, the action will liberate a highly irritating gas.

If the gas is inhaled, in either case, it can cause serious injury and possibly death. Accidents of this type have occurred not only in the kitchen and bathroom, but also in the cleaning and treating of the water in swimming pools.

Don't make the mistake of thinking that because certain household products are good and useful, the combination of two or more of them will do a better job than one alone. Very often mixing them is useless and unnecessary, since combined they will not make the job of cleaning easier nor give better results; and sometimes combining them may be disastrous. Follow the safe rule - use chemical cleaners as the manufacturers direct on the labels, and keep in mind some scouring powders now contain chlorine bleach.

It is best, anyway, not to use a hypochlorite (chlorine) bleach in toilet bowls, sinks, or bathtubs, or on electrical appliances, as it can in time injure, dull, or roughen a fine, smooth porcelain surface.

DON'T MIX Chlorine Bleach with:

Toilet Bowl Cleaners • Ammonia • Lye • Rust Removers • Vinegar • Oven Cleaners

IN SHORT, don't mix chlorine with any other cleaning agent!

WCIL/Bartlett Center Services

The Westside Center for Independent Living (WCIL) was founded in 1976 and has since helped tens of thousands of people achieve their independent living goals through a wide range of services. WCIL is a nonprofit organization funded both privately and through government grants. WCIL has provided services at the Bartlett Center for over 15 years and will resume services to South Bay seniors and people with disabilities on the **second Thursday of each month**. All services are free of charge. Some of the areas in which WCIL can assist include:

- Consultation on assistive technology and home modifications
- Benefits information and advocacy
- In-Home Supportive Services information and referrals
- Independent living resources counseling



Contact Peter DeMieri at 310/302-7251 or by email at peter@wcil.org

He can also be reached at the WCIL office throughout the week at (310) 390-3611 Ext. 219

